



# Cancer Committee

## ANNUAL REPORT 2017



Where  
**heart**  
meets  
health.



## Letter from the Cancer Committee Chair, 2017

### Weldon Sanford, MD

The Cancer Committee of Catholic Medical Center is guided by the organization's mission of carrying out Christ's healing ministry by offering health, healing and hope to every individual who seeks cancer care. Committee members, a collaboration of healthcare professionals from Catholic Medical Center, Norris Cotton Cancer Center, and the American Cancer Society, have worked passionately to enhance cancer-related programs and services to the communities we serve. This year, the Cancer Committee focused its energies on two areas: 1. Advancing Palliative Care through specific education for healthcare professionals and 2. Offering prevention and screening programs for preventable cancers, specifically those related to smoking and the transmission of Human Papilloma Virus (HPV).

CMC held its 2<sup>nd</sup> Annual Palliative Care Conference, titled *The Power of Palliative Care* on October 26<sup>th</sup>. Palliative Care includes a wide range of services designed to assist in improving the quality of life for patients with life-limiting diseases throughout their care continuum. The conference was focused on defining Palliative Care and how to promote its use with patients and their families and friends. Topics included:

- Palliative Care, It Matters What You Call It!
- Techniques and Suggestions for Having a Serious Illness Conversation
- Strategies for Managing Common Symptoms Such as Pain, Delirium and Nausea
- Compassion Fatigue
- Ethics of Suffering

CMC has also expanded its Palliative Care Team to include a Palliative Care Social Worker and an additional Advanced Practice Registered Nurse. This expansion of services has allowed us to increase the number of patients who are benefiting from Palliative Care.

Screening and prevention programs are important aspects of cancer care. Screening programs are designed to catch cancers in their earliest possible stages in order to have the greatest chances of a cure. Prevention programs are designed to educate the public on lifestyle factors that may



increase the chances of developing cancer and on how to change those lifestyle factors to reduce the risk of getting cancer. This year's cancer screening focus was on lung cancer. Through the use of Low-Dose Computed Tomography scanning (LDCT), state of the art technology that minimizes the amount of radiation needed, CMC radiology staff can perform a scan of a high risk patient's lungs to check for suspicious tumor growth. Patients at high risk for lung cancer are those who are:

- 55-77 years old, and
- Have a history of heavy smoking (30 packs/ year) and,
- Smoke now or have quit within the past 15 years.

A patient with lung cancer has the best chance of survival when the cancer is caught in its earliest stage and before symptoms develop.

This year's prevention program was focused on increasing rates of vaccination against HPV, a virus that has been shown to cause a wide-range of cancers such as cervical, penile, anal, and throat cancers. The HPV vaccine is 97% effective against this virus if given before a child is exposed to the virus, yet many parents are hesitant to get their child vaccinated for a variety of reasons. Programming involved education for healthcare professionals on how to talk with parents about the virus and the benefits of vaccination. CMC has adopted the Healthy People 2020's goal of having 80% of boys and girls, ages 11-12 under our care vaccinated by 2020.

Our commitment to excellence in the delivery of cancer care has not gone unnoticed. We were privileged to have been voted Winner of the 2017 Union Leader Readers' Choice Silver Award for Best Medical-Cancer Care and the Silver Award for Best Breast Care Center. Also in 2017, our Breast Care Center achieved national certification through the National Accreditation Program for Breast Centers, a division of the American College of Surgeons. Accreditation represents excellence in quality care. We are proud that our Cancer Program reflects our values and our compassion and dignity for life.

# Cancer Committee Membership 2017

Judy April, CTR  
Cancer Registry Quality  
Coordinator

Nancy Bedard, RN, MSN  
Manager, Psychosocial Services  
Coordinator

Cibar Benitez, MD  
Oncology, NCCC

Elaine, Boles, BSN, RN, CEN,  
CN-BN  
Oncology Nurse Navigator, CMC

Lea Bruch, RHIA  
Director, Health Information

Renee Bunker, RN, CN-BN  
Oncology Nurse Navigator, CMC

Connie Campbell, MD  
Breast Care Center

Paula Chasse, RN, CTR  
Cancer Registry Assistant

Jacque Cuddihy  
Director, Nutrition Services

Amy Deavitt  
American Cancer Society

Jan Deziel, RN, MSN  
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Brenda Drake, LICSW  
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Protection Program  
Clinical Research Coordinator

Kristen Goodridge, MSN, RN  
Performance Improvement

Barbara Greenwell, APRN  
Palliative Care

Kim Kennedy, RN  
Community Outreach

Karen Kier, CTR

Pattyann Labrie, RN, BSN  
Director, Oncology Nurse Leader

Robin Lopez, RN, BSN  
Oncology Nurse

Phillip Manno, MD  
Oncology, NCCC

Paul Mertzic, RN  
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Outreach Coordinator

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ARDMS, RT (R, M)  
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Liane St. John, PT  
Rehab Services

Susan Samon, RHIT, CTR  
Cancer Conference Coordinator

Weldon Sanford, MD  
Pathology, Committee Chairman

Lori Schatzl, RN, MHA, CPHQ  
Director; Quality Improvement  
Coordinator

Robert Sprague, MD  
Radiology

Keith Stahl, MD

Primary Care

Amy Stansfield  
Administrator, NCCC

Carol S. Walsh, MS, LGC  
Familial Cancer Program

Andrew Wu, MD  
Surgery, Cancer Liaison  
Physician



## Letter from the Cancer Liaison Officer, 2016

A diagnosis of cancer can cause a range of emotions that affects both the patient and his/her family and friends. Catholic Medical Center understands this and has developed an integrated Cancer Program that is patient-centered. Using a multidisciplinary approach that brings together a wide array of surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists, social workers, and other cancer specialists, CMC individualizes cancer care to improve outcomes and minimize pain and suffering.

In 2017, Catholic Medical Center continued on its path to bringing innovation to cancer treatment. New services were added and others were expanded. Of particular importance was the expansion of our Interventional Radiology treatment options to include those specific to the treatment of cancer. Oncology Interventional Radiology is specifically designed to treat some forms of cancer while minimizing the pain and suffering that can often come with the disease and its treatment. The following Oncology Interventional Radiology procedures are now available:

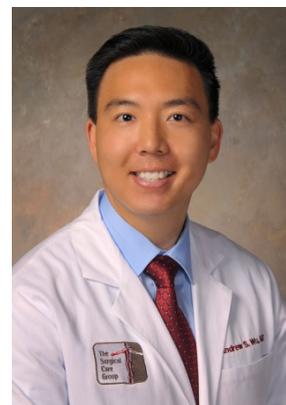
- Trans Arterial Radio Embolization Therapy (TARE): Radioactive spheres containing the element Yttrium 90 are administered directly to liver tumors via a catheter. The radioactive spheres target the tumor while sparing the patient many side effects of traditional chemotherapy.

- Microwave Ablation Therapy: Using heat generated by microwaves, ablation destroys cancerous cells. Ablation therapy is mainly used for liver, kidney and lung tumors.
- Interventional Biopsy: Biopsy is a sampling of a suspicious tumor and can be performed as an outpatient procedure using ultrasound, CT scanning, or fluoroscopy. It is less invasive than a surgical biopsy with a quicker recovery time.
- Long Term Venous Access: For patients who will need chemotherapy and/or need to have regular blood drawn, the Interventional Radiologist can insert a peripherally inserted central catheter (PICC) or a port for long term vein access. The Interventional Radiologist can also insert a drainage catheter for cancer patients who have a build-up of fluids in the chest or abdomen.
- Kyphoplasty: Cement is injected around a tumor to stabilize a compression fracture bringing pain relief to the patient.

To further advance cancer prevention, CMC is the first hospital in the Southern New Hampshire region to hold a monthly joint conference with Surgeons and Gastroenterologists to discuss how Crohn's Disease and Irritable Bowel Disease relate to cancer. The focus of discussions is on developing strategies for cancer prevention and when cancer does develop, reduce the pain and suffering that may come from the diagnosis and its treatment.

We are proud of our continued commitment to bringing the best in cancer care to the patients and communities we serve.

Andrew Wu, MD



# CANCER REGISTRY REPORT, 2017

The Cancer Registry at Catholic Medical Center (CMC) is a database that represents a summary of the history, diagnosis, treatment, and current status of each patient diagnosed with and/or treated for cancer at CMC. It is maintained by nationally certified Cancer Registrars who strictly guard the confidentiality of patient information and related medical data. The data is aggregated (combined) without any patient identifiers, analyzed and used to enhance and/or expand our cancer care services to the patients we serve.

During 2017, 617 new primary cancer cases were entered into the Cancer Registry database. CMC conducts an annual “lifetime surveillance” on all analytic cancer patients: Surveillance is the process used to obtain updated information about a patient’s health status during and after cancer diagnosis and treatment. The Certified Cancer Registrar obtains each patient’s vital health information from the patient’s medical record and/or through direct contact with the patient’s physicians, other facilities where the patient is seen or the patient. It is only through this annual lifetime surveillance that CMC is able to determine the health status and treatment outcomes of the cancer patients we serve.

Data are submitted monthly to the NH State Cancer Registry as required by law and annually to the National Cancer Data Base (NCDB) of the Commission on Cancer as required for all accredited programs such as CMC. CMC uses the data to assure that



patients who are diagnosed with cancer are being treated according to national benchmarks and standards of care. The CMC Cancer program has been accredited by the American College of Surgeons’ Commission on Cancer since 1976.

The Cancer Registry office is staffed by three Certified Cancer Registrars. To facilitate accurate data collection and to maintain their credentials, the Cancer Registry staff is required to attend ongoing cancer-related education. They also attend and assist with the notification and documentation of the Clinical Cancer Conferences that are held three times a month. Cancer Conferences are actively attended by a multidisciplinary team of healthcare professionals where the team members discuss each cancer patient’s unique medical condition and make decisions on a proposed individualized treatment plan. The team consists of a surgeon, pathologist, medical oncologist, radiation oncologist, diagnostic radiologist, and other allied health professionals. Certified Cancer Registry staff then documents the information and reports the proceedings at the quarterly Cancer Committee meetings where all aspects of cancer care are discussed and monitored for compliance with the standards of the Commission on Cancer.

# Year in Review - 2017

Catholic Medical Center expanded and enhanced several services and community outreach and educational programs. We are proud to have provided such a wide variety of resources, services and programs to our patients, their friends and families, the community, and healthcare professionals. They represent Catholic Medical Center's sustained mission to provide patient-centered care that is meaningful and focused on the mind, body and spirit throughout the cancer journey.



## Programs Designed with the Cancer Patient in Mind:

**BeWell Cancer Survivorship Program:** Programs are offered through the Wellness Center which is staffed by health care professionals including cardiovascular nurse specialists and clinical exercise physiologists. These professionals work with cancer survivors to create and coordinate a personalized wellness program which may include one or more of the following:

- **BeWell Cancer Survivorship Newsletter:** At Catholic Medical Center, we understand that a cancer diagnosis and its treatment can be a challenging time for patients and their families. In an effort to provide them with support, we offer a quarterly educational e-newsletter. To receive a copy, contact us at [bewellsurvivorship@cmc-nh.org](mailto:bewellsurvivorship@cmc-nh.org).
- **Oncology Exercise Program:** Group exercise classes are focused on developing a positive effect on wellbeing all in a warm, caring and supportive environment. CMC staff develops personal exercise programs for patients undergoing cancer treatment or are in the recovery phase following treatment. The focus of the program is to maintain strength through and beyond the journey with cancer.
- **Free Wig Bank:** New wigs are donated by the American Cancer Society for cancer patients coping with hair loss from cancer treatment.
- **Look Good, Feel Better:** This program focuses on teaching women how to cope with skin changes and hair loss during cancer treatment using cosmetic and skin care products donated by the cosmetic industry.
- **Yoga:** Yoga helps to lower tension and anxiety while promoting and improving a sense of calm and wellbeing. Various forms of yoga are available for patients and caregivers:
  - *Gentle Yoga:* A gentle, therapeutic, mat-based class for individuals who are currently undergoing or have recently completed treatment for cancer. The focus is to lower tension and anxiety while promoting a sense of calm and wellbeing.
  - *Yoga Caps:* A gentle, therapeutic, mat-based (seated) class for individuals and their caregivers who are currently undergoing or have recently completed treatment for cancer. The focus is to lower tension and anxiety while promoting a sense of calm and wellbeing.
- **Support Groups:**
  - *Living with Cancer Support Group:* This support group provides education and support for patients who are undergoing treatment for cancer or for their loved ones and caregivers.
  - *Lymphedema Support Group:* This class aims to empower, inspire and assist in the needs of patients, caregivers and healthcare providers faced with all forms of lymphatic issues.
- **Cancer Recovery and Mindfulness:** Coping with negative emotions and stress can be overwhelming and challenging. Participants learn strategies for coping and managing the concerns that make it difficult to maintain balance with the demands of daily life and recovery. Participants are introduced to the practice of mindfulness as a tool for slowing down thought processes, identifying conflicting emotions, and living in the present moment.

- **Massage Therapy:** Massage therapy can help promote relaxation and an improved sense of wellbeing while reducing stress and alleviating some physical symptoms and side effects of treatment.
- **Art Therapy:** Participants learn to express emotions where words fall short regarding the emotional and psychological side effects that may be part of their cancer diagnosis and treatment. No art talent is required.
- **Music Therapy:** Musical activities include playing a musical instrument, listening to a selection of music choices by creating a personal play list, and even learning to write one's own song. No musical background is required.
- **Health Enrichment Programs:** Programs on a variety of topics related to cancer prevention and recovery are held throughout the year.

## Cancer Screening & Prevention:

### **Breast Cancer Screening-Let No Women be Overlooked:**

Free screenings for breast cancer were available to women with limited income, who have no health insurance or have a high insurance deductible.

**Lung Cancer Prevention:** Approximately, 1300 Quick Kits, smoking cessation kits, were distributed to a variety of resource service organizations throughout the Manchester area for distribution to patients who smoke. Five *Freedom from Smoking* classes were held at CMC throughout the year.

**Ovarian Cancer Prevention:** Presentation on *Ovarian Cancer: Get the Facts* and educational information was mailed to homes in the Manchester area.

## Presentations:

### Is Lung Cancer Screening Right for Me? – March 8, 2017

Lung cancer is the leading cause of cancer death in NH, killing more than breast, colon, and prostate cancer combined. Today, low-dose CT screenings are available, increasing the rate of early detection. Betsy Angelakis, MD, Chief of Breast Imaging, CMC & Southern New Hampshire Radiology Consultants discussed the benefits of lung cancer screening as an early cancer detection tool targeting individuals between the ages of 55 and 77 with a history of smoking.

### Prostate Cancer: Know Your Risk - March 20, 2017

Prostate cancer is the second most common cancer in men worldwide and the eighth leading cause of cancer-related deaths. John Munoz, MD, Urologist and recognized expert in prostate cancer discussed current research, risk factors, prostate cancer screening recommendations, and treatment options for prostate cancer.

### Screening for Colorectal Cancer Could Save Your Life - March 27, 2017

Colorectal cancer is the third leading cause of cancer death and the majority of these cancers and deaths could be prevented with proper screening. Leandro Feo, MD, FACS, General Surgeon and Mark Silversmith, MD, Gastroenterologist discussed the importance of screening colonoscopy and alternative screening methods, symptoms, diagnosis, and treatment options for colorectal cancer.

### Consuming a Nutritious Diet When You Have Cancer - March 14, 2017

Eating well can be challenging during cancer treatment. Lori Muller, Registered Dietitian, discussed the importance of a nutritious diet on healing, maintaining strength and energy, and lowering the risk of infection.

### Ovarian Cancer Update – September 1, 2017:

Leslie DeMars, MD, Obstetrics & Gynecology, reviewed current theories on causes of ovarian cancer, outlined risk factors and how to possibly reduce a woman's risk for ovarian cancer, and discussed current treatment methods.

#### Palliative Care Conference – October 26, 2017:

An all-day conference on various elements of Palliative Care designed to develop the healthcare professional's knowledge of Palliative Care and how it benefits patients with chronic and life-limiting illnesses.

### **Cancer Education and Support:**

#### Is Lung Cancer Screening Right For You? :

Betsy Angelakis, MD, Chief of Breast Imaging, CMC Southern New Hampshire Radiology consultants, published an article in the *Fall 2017 Healthy Living Newsletter* on the importance of lung cancer screening using low-dose CT scanning for individuals with a specific history of smoking (ages 55-74, smoked a minimum of 30 packs a year and quit for no more than 15 years). The article also emphasized the importance of smoking cessation. For more information on lung cancer screening, call CMC Radiology Nursing at 603.663.5219.

#### Preventable, Treatable, and Beatable: Stop Colon Cancer Before it Starts:

Leandro Feo, MD, FACS, General Surgeon and Mark Silversmith, MD, Gastroenterologist collaborated on an informative and educational article in the *Winter 2017 Healthy Living Newsletter* mailed to residents in the Greater Manchester, NH area. The article focused on the importance of colorectal cancer screening and its effectiveness in the early detection of colorectal cancers.

### **Social Services:**

#### **Supportive Counseling & Evaluation:**

Trained, licensed Social Workers conduct expert evaluation of the cancer patient and his/her family's physical and psychosocial needs during the cancer treatment and survivorship process. Evaluations are performed in a therapeutic environment that provides compassionate support.

#### **Community Resource Referrals:**

Ongoing evaluation of physical and emotional changes and needs before, during and after cancer treatment for referral to a wide variety of community based support services such as mental health, addiction treatment and ancillary healthcare services. Ancillary healthcare services include such things such as home healthcare, home medical equipment, dental care services, and assistance with insurance or financial challenges in accessing treatment or transportation to name just a few. The goal of the referral services provided is to help remove barriers to care.

#### **Medication & Financial Assistance Program:**

This program helps uninsured and underinsured patients obtain long term prescription medications from major pharmaceutical companies. Catholic Medical Center Social Work staff assists patients in determining eligibility and completing the necessary paperwork.

#### **Advanced Care Planning:**

Advanced Care Planning is an important part of communicating your treatment wishes. It involves the completion of an Advance Care Directive which is a set of instructions you give regarding your future medical care. It is how you think about, talk about and plan for serious illness or injuries which may keep you from making your own health care decisions. Social Workers provide education to patients and families on choices for medical management and end-of-life care. Individualized assistance is also offered for the completion of an Advance Care Directive.

### **Sponsored Events:**

Pink in the Rink – February 11, 2017:

The Manchester Monarchs and Southern New Hampshire University teamed up with Catholic Medical Center to raise funds to support Catholic Medical Center's Breast Care Center and to celebrate breast cancer survivors.

American Cancer Society Breast Walk: A CMC sponsored team participated in this annual American Cancer Society event.

Go Pink Day at CMC: Employees wore pink clothing to work to support and celebrate survivors of breast cancer.